

Local Health Walks in December

Walking can make you feel good, give you more energy, reduce stress and help you sleep better, keep your heart 'strong' and reduce blood pressure and help manage your weight. Join us for any of the free walks below. Bring clothing that is suitable for the conditions. For more details contact the Health Walks Team on 01394 444501

Thurs. 2nd Dec.

Haverhill

Post Code CB9 7YL. Meet at 10.00am at Haverhill Sainsbury car park. For more details go to http://www.totem-tek.co.uk/hhwg_1.htm. Grade 2. 60 to 75 mins.

Led by Hatty Maisey and Joan Key

Tues. 7th Dec.

Nowton Park, Bury St Edmunds

Post Code IP29 5LU/OS map ref: 864622. Meet 10.15 for a 10.30am start at Nowton Park car park. A walk from the Park along bridle paths to Hardwick Heath, returning by a different route. No parking charge. Toilets available. Not wheelchair/buggy friendly. Bring own refreshments for end of walk. Grade 3 - 4. 75 to 90 mins.

Led by Christine Lock and Pat Field.

Weds. 15th Dec.

Ashley/Cheveley

Post Code CB8 9DR. Meet at 11.00am in Ashley 'Crown' car park. A combination of firm paths, grassy surfaces and a long, moderate gradient. Can be muddy and slippery in places. Refreshments and toilets at the finish point. NO DOGS. Grade 3. 4.2 miles.

Led by Mick Smith and Alan Eaton

Thurs. 16th Dec.

Haverhill

Post Code CB9 9HB. Meet at 10.00am at Lower Downs Slade car park outside the library for a historic tour of Haverhill. For more details go to http://www.totem-tek.co.uk/hhwg_1.htm. Grade TBC.

Led by David Boxall and Hatty Maisey

Thurs. 16th Dec.

Sudbury

Post Code CO10 2SS. Meet at 10.45 for 11.00am start at Rodbridge picnic site. This is signposted on the right soon after leaving Long Melford on the Sudbury B1064 road. Toilets available on site and refreshments in Long Melford. A walk skirting Sudbury water meadows and returning along the disused railway line. It's worth allowing time to browse in Long Melford and/or Sudbury where refreshments are available. 70 mins. Grade 3.

Led by Roger and Jackie Medley

Tues. 21st Dec.

Abbey Gateway, Bury St Edmunds

Meet at 11.00am at the Abbey Gateway for a 90 min. (minimum) walk to the east of town. All hard surfaces with 2 long slopes (one up and one down). May be suitable for buggies and wheelchairs. Toilets and refreshments available near the start. Grade 3.

Led by Allan Hayman

Thurs. 30th Dec.

Haverhill

Post Code CB9 7YL. The newt pond walk. For more details go to http://www.totemtek.co.uk/hhwg_1.htm. Buggy friendly. Grade 1. 45 mins. - 1 hour.

Led by David Boxall and Mavis Coleman